

Be My Guest

拍數: 64 牆數: 2 級數: Improver
編舞者: Charlotte Skeeters (USA) & Jill Thompson (UK)
音樂: Be My Guest - The Showband Show



RIGHT, SLIDE, BEHIND, RIGHT, CROSS, RIGHT

1-2 Right step long step side right; left slide slowly towards right
3-4 Left slide slowly towards right; left slide slowly towards right
5-6 Left cross-step behind right; right step side right
7-8 Left cross-step in front of right; right step side right

LEFT, SLIDE, BEHIND, LEFT, CROSS, LEFT

1-2 Left step long step side left; right slide slowly towards left
3-4 Right slide slowly towards left; right slide slowly towards left
5-6 Right cross-step behind left; left step side left
7-8 Right cross-step in front of left; left step side left

HOP-KICK, JUMP TOGETHER (4 TIMES)

1-2 Hop on left to right side and kick right forward; jump together
3-4 Hop on right to left side and kick left forward; jump together
5-6 Hop on left to right side and kick right forward; jump together
7-8 Hop on right to left side and kick left forward; jump together(weight left)

RIGHT ROCK FORWARD, RETURN, RIGHT ROCK BACK, RETURN, STEP, PIVOT, STOMP HOLD

1-2 Right rock step forward; rock-return weight back onto left
3-4 Right rock step back; rock-return weight forward onto left
5-6 Right step forward; pivot ½ turn left (weight left)
7-8 Right stomp-down side right; hold

TWIST ¼ TURN RIGHT(6 CTS.), RIGHT ROCK BACK, RETURN

1-2 Swivel both heels right; swivel both heels left starting to execute ¼ turn right
3-4 Swivel both heels right continuing to turn; swivel both heels left continuing to turn
5-6 Swivel both heels right continuing to turn; swivel both heels left completing ¼ turn right (weight left)
7-8 Right rock step back; rock-return weight forward onto left

"STROLL" FORWARD, LOCK, FORWARD..TWICE, STEP, PIVOT

1-2 Right step forward 45 degree right; left lock-step behind right
3-4 Right step small step forward 45 degree right; left step forward 45 degree left
5-6 Right lock-step behind left; left step small step forward 45 degree left
7-8 Right step forward; pivot ¼ turn left

CROSS, LEFT, BEHIND, LEFT, KICK, TOUCH, KICK, TOUCH

1-2 Right cross-step in front of left; left step side left
3-4 Right cross-step behind left; left step side left
5-6 Right kick 45 degree right twisting body right; right touch next to left (body facing original wall)
7-8 Right kick 45 degree right twisting body right; right touch next to left (body facing original wall)

TOE STRUTS TWICE, STEP, PIVOT TWICE

1-2 Right toe touch back (lean body slightly forward); right heel snap down & snap fingers (lean body slightly forward)

- 3-4 Left toe touch back (lean body slightly forward); left heel snap down & snap fingers (lean body slightly forward)
- 5-6 Right step forward; pivot $\frac{1}{2}$ turn left (weight left)
- 7-8 Right step forward; pivot $\frac{1}{2}$ turn left (weight left)

REPEAT

Dance will finish on count 63 with right step forward & pose! If the less energetic don't want to do the hop kicks they can just kick and step down bending knees.
